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Boston. Bath Department.

SIXTH ANNUAL REPORT

OF THE

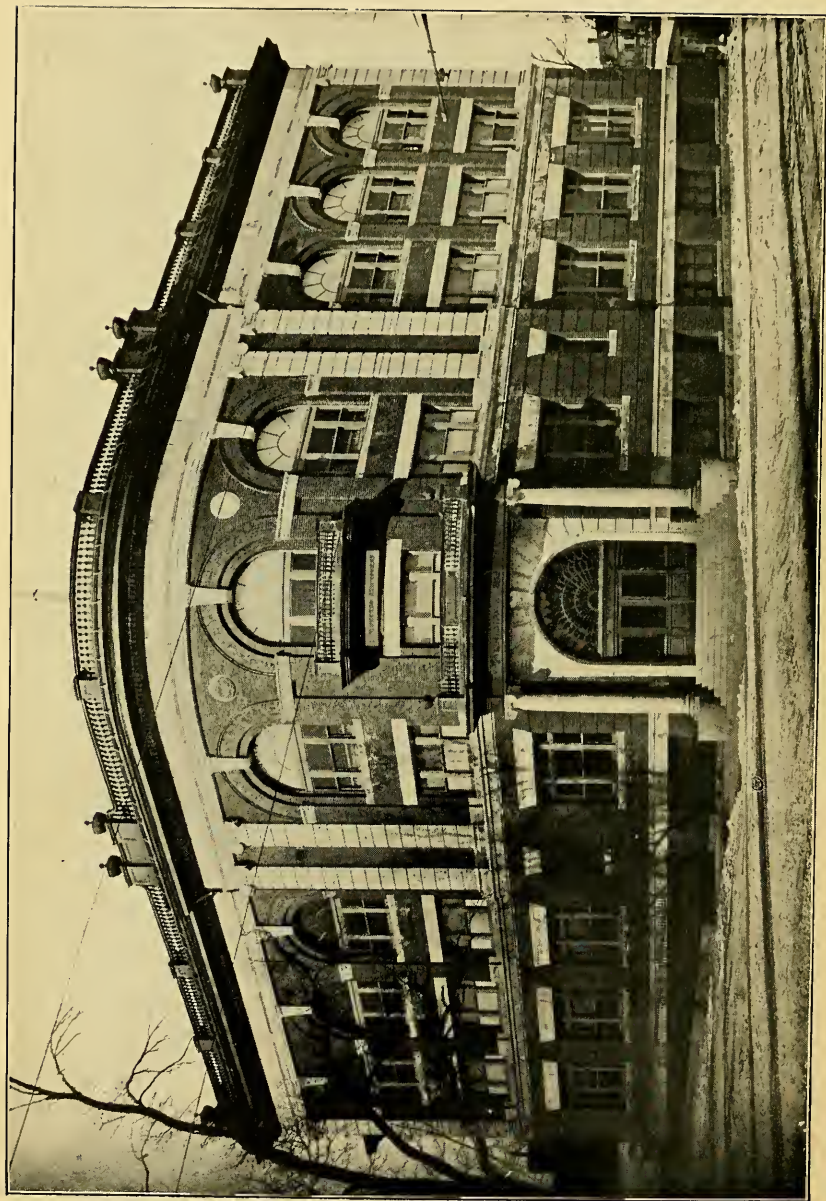
BATH DEPARTMENT

FOR THE YEAR 1903-1904

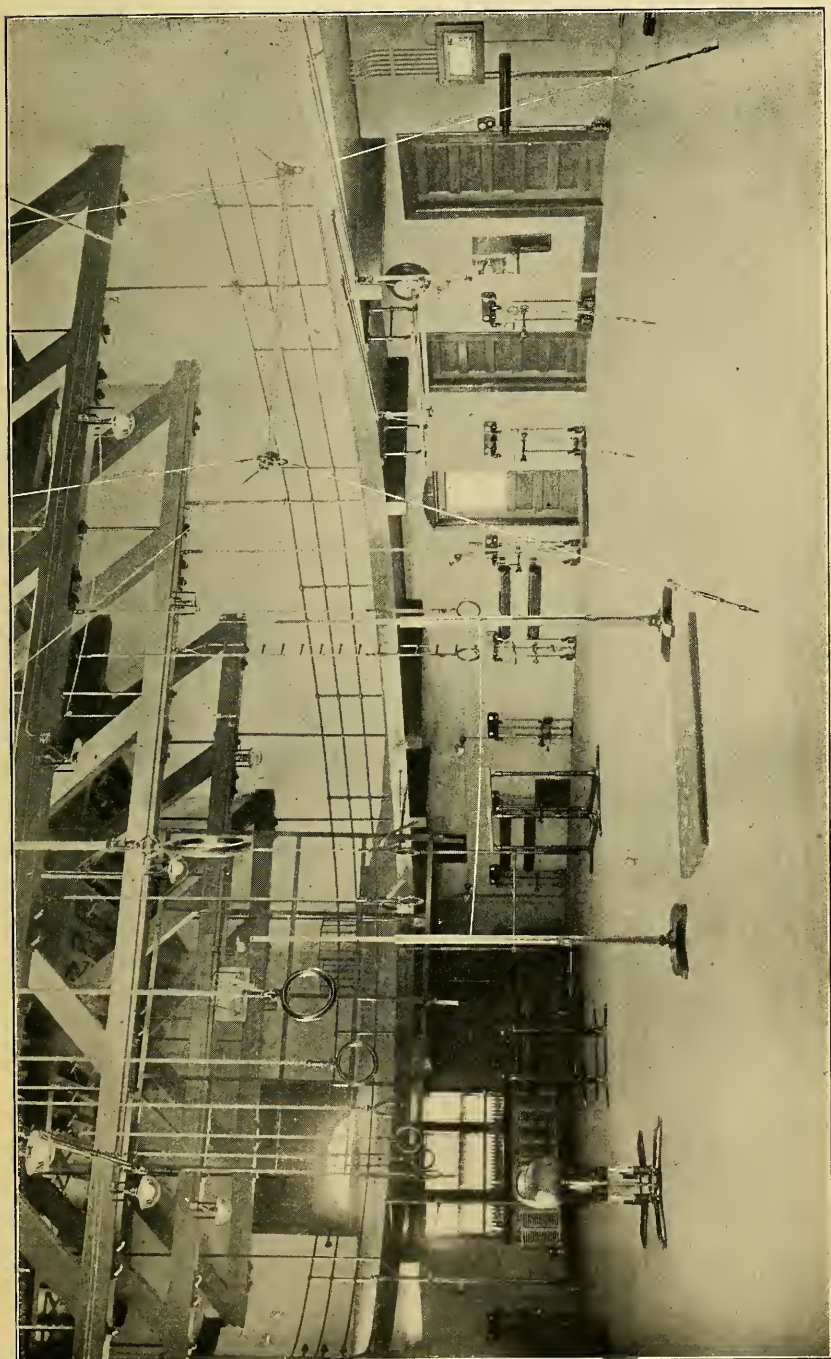


BOSTON
MUNICIPAL PRINTING OFFICE
1904






MUNICIPAL BUILDING, COLUMBIA ROAD, WARD 16.



MUNICIPAL BUILDING GYMNASIUM, COLUMBIA ROAD, WARD 16.



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SIXTH ANNUAL REPORT
OF THE
BATH DEPARTMENT

FOR THE YEAR 1903-1904



BOSTON
MUNICIPAL PRINTING OFFICE
1904

Boston. Bath Department.
Jan. 22. 1907

VERMONT

1870

WATERBURY

64 PEMBERTON SQUARE,

BOSTON, June 24, 1904.

HON. PATRICK A. COLLINS,

Mayor of the City of Boston :

SIR, — The trustees in charge of the Bath Department submit herewith the sixth annual report of the work of the department.

In our last annual report we presented a statement showing the various stages by which municipal service in the way of baths and gymnasiums had grown since the establishment of the department in 1897.

During the past year two new baths and gymnasiums have been in course of erection. One of them is now built and will be opened during the coming autumn; the other will, we hope, be ready before the end of next year.

The development of this type of municipal service in large cities, throughout the country, has been very marked during the past few years. The citizens of Boston have cause for gratification in that such enterprise had its origin here so far as this country is concerned, and has thus far, both in extent and variety, kept in advance of what is being done in other American cities. The rapid progress which is being made elsewhere, however, is a constant reminder that what is being done in Boston is not in the way of so-called municipal luxury, but is more and more generally considered to be essential to the welfare of our large city populations. We wish to urge strongly that the work of the Bath Department should

be allowed such legitimate expansion, in order to meet the needs of the public in this direction, as is given without question to most of the older established departments of the city administration.

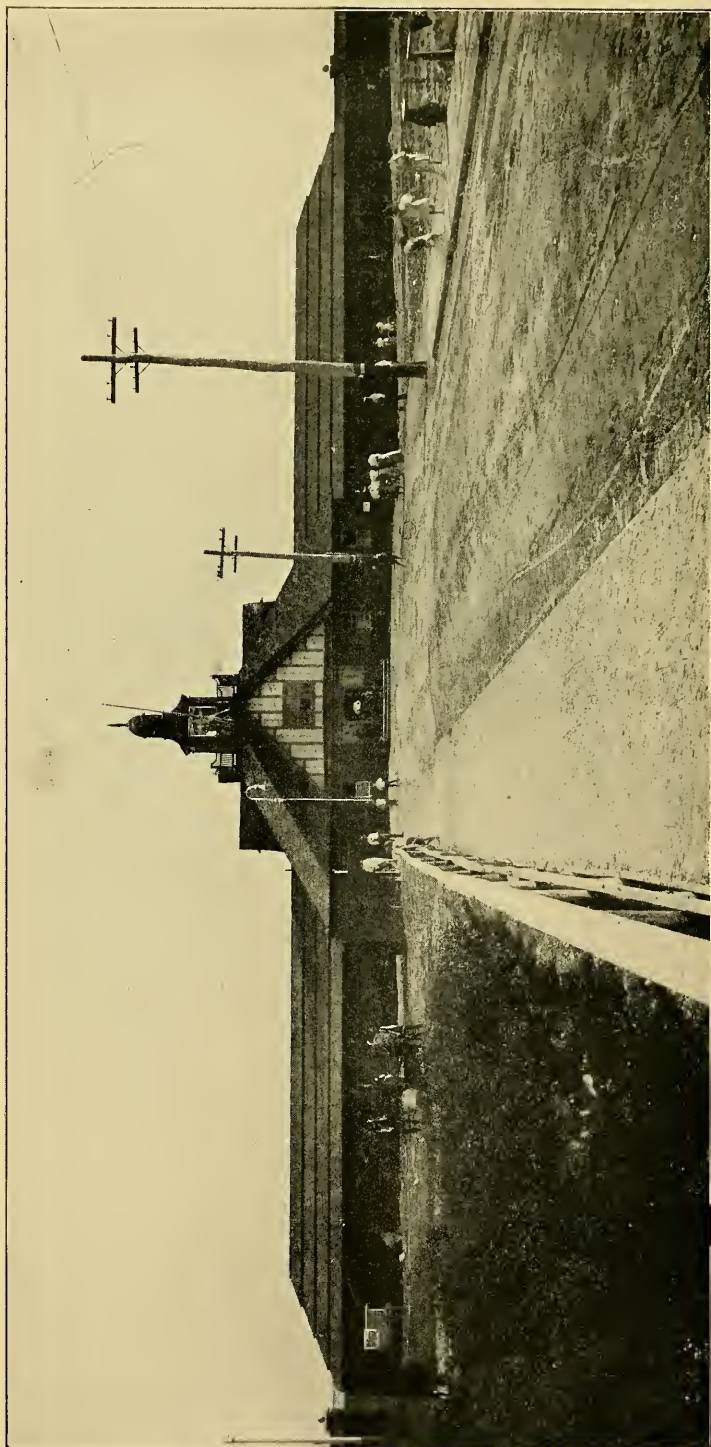
The estimation placed by the public at large upon the opportunities provided under this department has never been more favorable than during the past year.

At all points the attendance has kept up satisfactorily, and in most cases has considerably increased. The general problem of order and discipline, which might be expected to be serious, where such large numbers of people congregate, has caused the department little embarrassment. This we think shows, on the part of the majority of those who make use of the baths and gymnasiums, a sense of appreciation and a feeling of responsibility that is in a high degree gratifying. The observation of the public officers and of local citizens as to the value of the privilege offered is also strongly confirmatory of our belief that the baths and gymnasiums are rendering a highly important service to a great portion of the public, and especially to the rising generation.

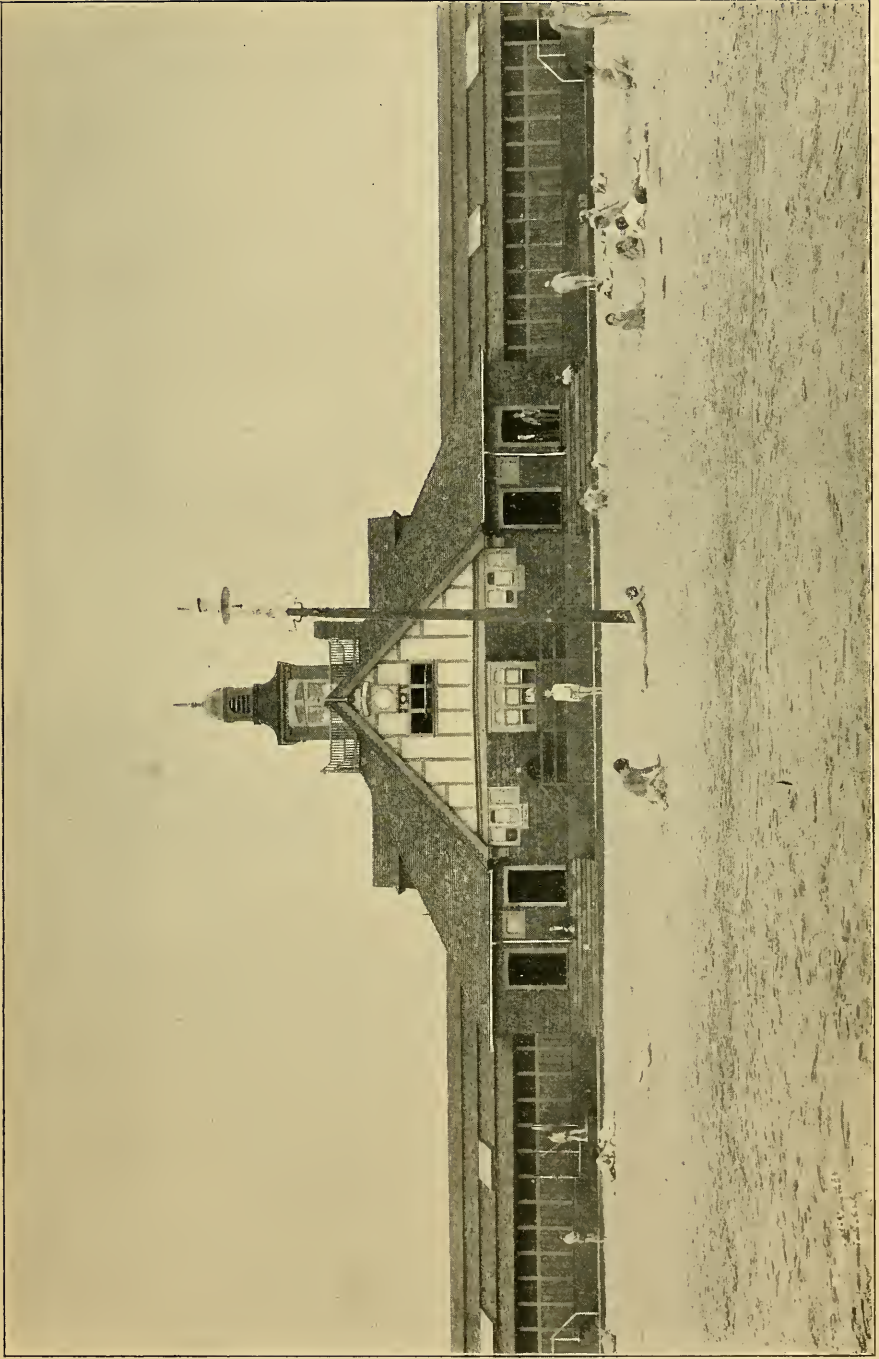
We regret to say that, though a suitable lot of land has been purchased for a bath and gymnasium at the North End, not enough money is yet available to make it possible for the department to proceed with the erection of the building; \$30,000 additional will be needed for this purpose. The lot is situated at a central point. The architects' plans are exceedingly satisfactory to the trustees. There is pressing need at the North End for the facilities which the building will afford. It is our earnest hope that a supplementary appropriation may be made during the coming year, so as to enable the department to carry out this important project.

FLOATING BATHS.

The use made of the floating baths during the summer was fully as great as ever. It is a pleasure to report that this part of the system, which was introduced so many years ago, is still valuable in spite of all the more recent provisions which have been made for public bathing. There are one or two of the floating baths which are so far out of repair and decayed that it is not worth while to attempt to renovate them. We strongly urge an appropriation to enable the department to construct at least one new floating bath



L STREET BEACH, MEN'S HOUSE. (VIEW FROM STREET.)



L STREET BEACH, MEN'S HOUSE. (BEACH VIEW.)

during the coming year. It may fairly be questioned whether any other expenditures which the city may make during the year will bring so great returns to the public in proportion to the amount invested.

BEACHES.

The beach baths, North End park, Wood Island park and L street, continue to be crowded popular resorts during the summer. This is particularly true of L-street beach, to which people come from all parts of the city and suburbs. Extensive as the accommodations are at this beach, there are many warm days when its capacity is severely taxed. The L-street beach is undoubtedly the most popular of the baths under the department. Considering the great number of people who attend, the number of accidents is exceedingly small. Great care is taken to guard against casualties. The special provision made in the women's section of the beach for recreation for little children who come with their mothers has been a very interesting and satisfactory feature. The dredging of the beach, which was done a year ago, has proved to be a very useful piece of work in the way of making bathing available at all hours independently of the tide.

The North End beach is now largely used by the more recent immigrants, being situated near the crowded tenement quarters that are inhabited generally by those who have recently come to our shores.

COLUMBIA ROAD GYMNASIUM, WARD 16.

This gymnasium is now complete and ready for use. It is included in a new building, which also provides for a reading-room and a branch of the Public Library. The gymnasium has a floor space of 96 by 48 feet, and an overhead running track of twenty-five laps to the mile. There is a swimming tank in the basement, in the form of a Greek cross, 39 by 34 feet, built of white marble. Off the tank-room there are six shower baths. Every one using the swimming tank will be required to take a shower bath in advance. There is an ample supply of lockers for men and dressing rooms for women, and abundant provision is made for those who wish to take shower baths without entering the swimming tank. This gymnasium and bath

will be more and more serviceable in that district of the city, as the population is steadily on the increase.

CABOT-STREET BATH-HOUSE AND GYMNASIUM.

This building, upon which work is now proceeding, will be ready for occupancy within a year from the present time. It will represent in the fullest degree a combined scheme of bathing and gymnasium facilities included under one roof. Persons wishing to see in the shortest time the nature of the hygienic opportunities which the City of Boston is providing for its citizens, present and prospective, will accomplish that purpose by visiting the Cabot-street building when it is once in full operation. This building will include an ample supply of shower baths, a swimming tank, and a large, finely equipped gymnasium. The ground area will be 52 by 142 feet; the swimming tank room will be 33 by 85 feet, the tank itself being 25 by 75 feet. The water in the tank will vary from $3\frac{1}{2}$ to 7 feet in depth, and will be kept at a temperature of 70 degrees during the winter. A number of devices suggested by experience will be used in order to secure the greatest possible economy in the water supply consistent with strict cleanliness. The full supply of water will be renewed once a day, but the top will be drawn off frequently during the day. All swimmers will be required to take a shower bath before entering the tank.

The gymnasium will have an area of 40 by 80 feet, and will be equipped with a full variety of gymnastic apparatus. In planning the building careful study has been given to the problem of reducing expenses of maintenance to the lowest possible point. The building can easily accommodate 1,500 people a day on the average, and it is expected that on many days there will be an attendance of 2,000.

GYMNASIUM WORK.

The past year's work at the gymnasiums has been in nearly all respects exceedingly satisfactory. The plan of having the class work carried on under the direction of a Superintendent of Physical Training is producing excellent results both in the service rendered by the different instructors and in the general interest of the members of the gymnasium classes. The capacity of gymnasium floors continues to be taxed by the number of regular attendants of the classes. The trustees feel more and more convinced of the benefit afforded through the systematic drill-work which is provided in connection with the regular classes, yielding to the largest

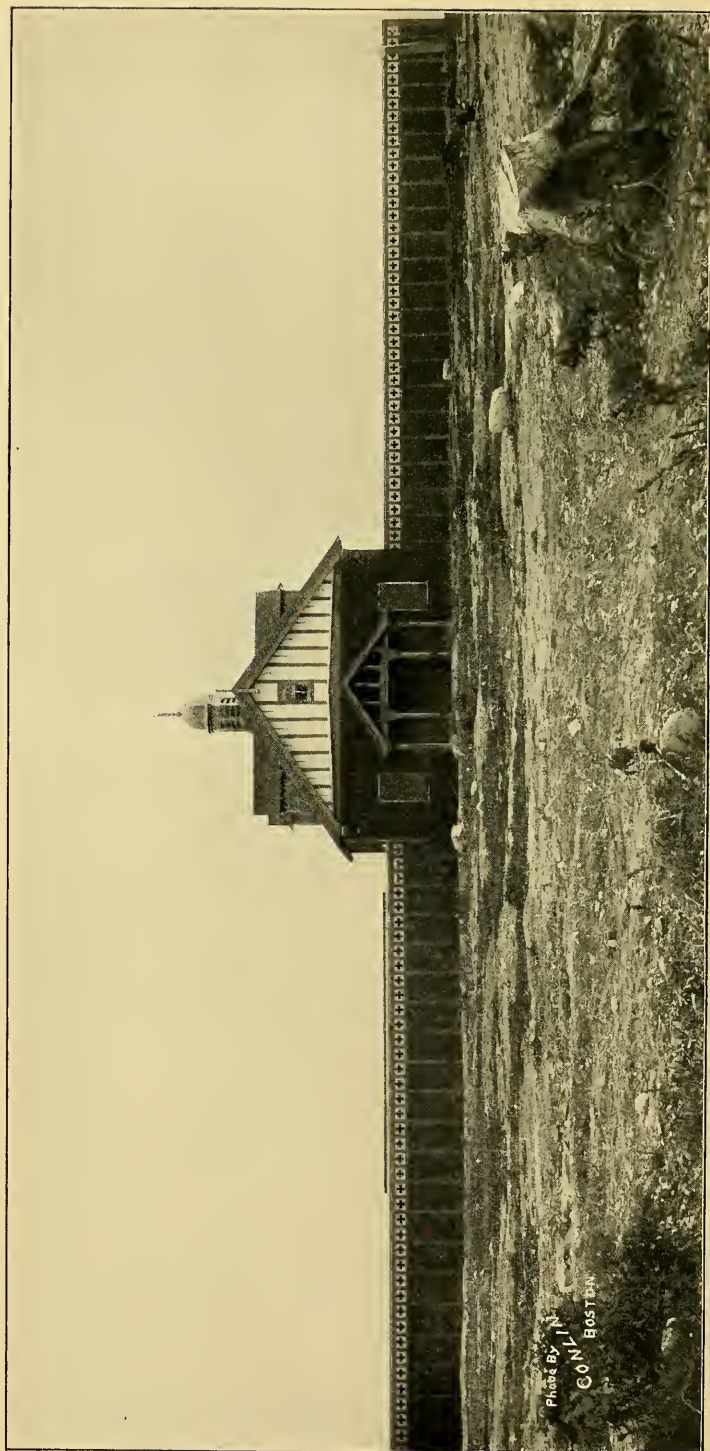
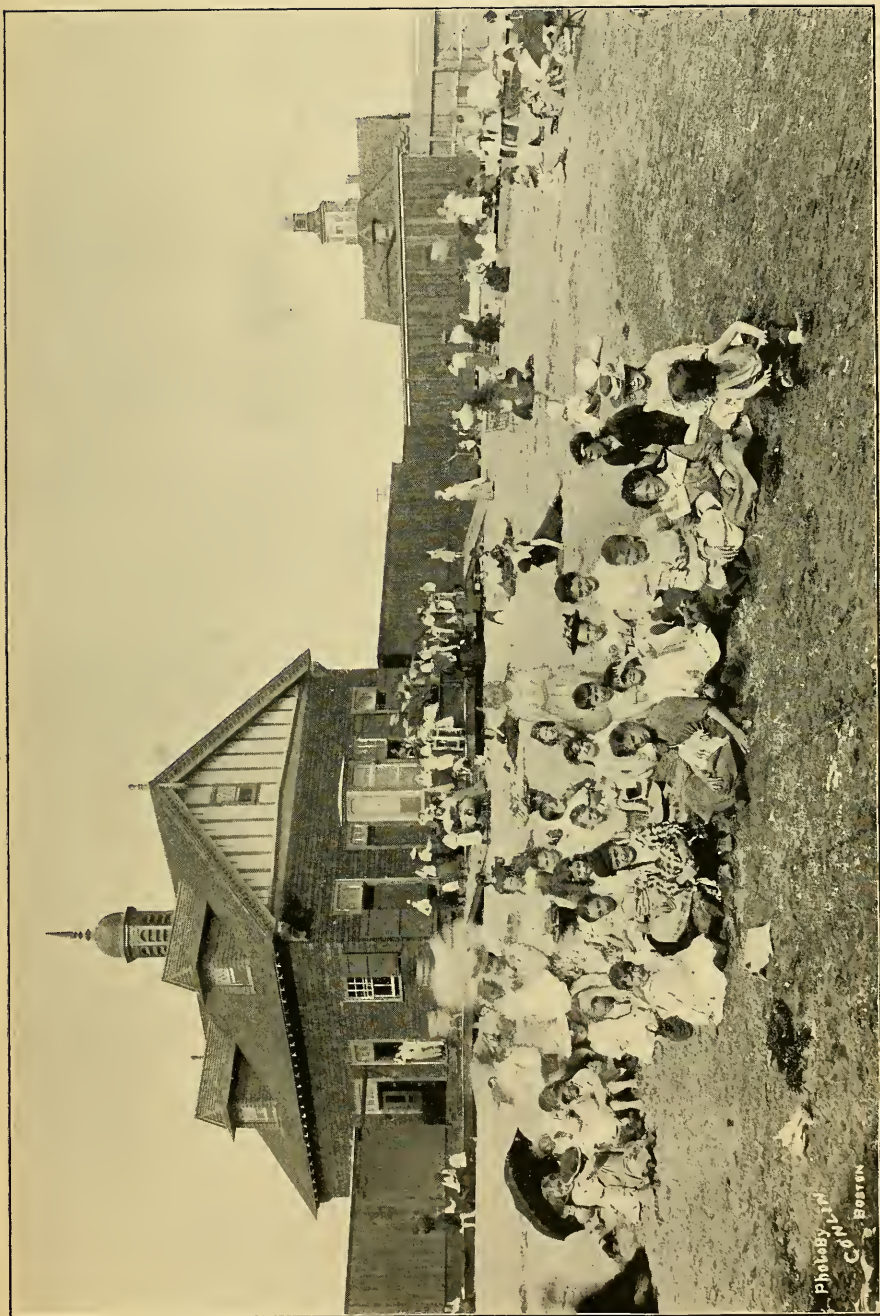


Photo By N
CONLEY
BOSTON

WOMEN'S HOUSE, L STREET BEACH. (VIEW FROM STREET.)



Photoby
C. M. BOSTON

WOMEN'S HOUSE. L STREET BEACH. (BEACH VIEW.)

number of children and young people a fair quota of improvement in physical health and strength. It must have a definite result in the future well-being of many thousands of persons throughout the city. The hopes we entertained when the municipality entered upon gymnasium work that in due time it might prove an indispensable supplement to the services rendered by the public schools are being amply justified.

During the year, as in different times in the past, the Board has been considerably embarrassed by a measure of popular pressure to introduce special athletic competition into the gymnasiums. The great interest in the game of basket ball has led to a large number of applications for the use of the gymnasiums for match games. A series of such games was arranged between teams representing the different gymnasiums, and in a few cases games were played between the gymnasium teams and other teams from different parts of the city and suburbs. It was soon found, however, that the gymnasium system would become involved in many of the evils of professional athletics if such games were allowed to continue. Large and irresponsible crowds of spectators were present. The rivalry became so intense that professional players were introduced, a tendency towards gambling was noticed, and finally a game broke up in considerable disorder. As a result the Board decided to hold even more strongly than ever to its policy of magnifying the class work, and of closely restricting competitive sports in the gymnasiums. This policy clearly guarantees the greatest good of the greatest number, and takes a stand for the spirit of order, discipline and general self-improvement.

Increased care is taken in all gymnasiums in the examination of candidates entering the classes, and in giving special advice to meet the needs of special cases. The medical examiners at the different gymnasiums are now under the direction of a general director. This arrangement serves to keep up a standard of examination at all the gymnasiums, and to increase considerably the results of this branch of the work of the department in the way of suggestion and stimulus. The medical director is often able to be of particular help in advising candidates for the Civil Service as to proper physical training. Such effort has the cordial co-operation of the Civil Service Commissioners.

DOVER-STREET BATH-HOUSE.

The large use made of the Dover-street bath-house continues to be amply sustained, and the variety of people

availing themselves of its facilities, representing all nationalities and coming from all parts of the city, is as great as ever. We believe that the wisdom of providing this well-appointed building for the sole purpose of cleanliness bathing has been conclusively proved. Situated at a central point in the city, it meets the needs of large numbers of people who might not find their way to the baths provided in the gymnasiums or to the summer bathing beaches. We believe, also, that the attractive and thorough scheme of construction which was followed in connection with this central building has been fully justified; certainly many people are drawn to the building by its dignity and beauty. The cost of repairs, considering the enormous use to which the building is put, has been very slight. The character of the building makes it much easier to preserve that high degree of cleanliness which is one of its most distinguishing features.

LAUNDRIES.

The laundry at Dover street has been kept more busy than ever during the past year. In summer its capacity is not sufficient to meet the needs, and the smaller laundry at the North End park is brought into requisition. This laundry is used especially for cleaning bathing suits used at the different beaches.

RECOMMENDATIONS.

Once more we wish to urge the great need and importance of a new gymnasium at East Boston. For several years it has been clearly understood by the trustees that this was the next step to be taken in the development of the opportunities which this department is designed to provide. It is our belief that there is here a claim upon the resources of the city, restricted as they are, which is only secondary to that of the public schools. In a special way the trustees feel that they are trustees for the city of a large lot of land, on which the present flimsy structure stands, that was presented to the city for gymnasium uses, and they feel there is a strong sentimental obligation upon the city to provide a suitable building upon the land thus generously given. Many other important considerations affecting this matter have been presented in previous reports and need not be repeated here. After a suitable gymnasium is provided for East Boston, the only remaining district of the city requiring a gymnasium will be Charlestown. We hope that it may be possible within the next few years to erect a building in Charlestown

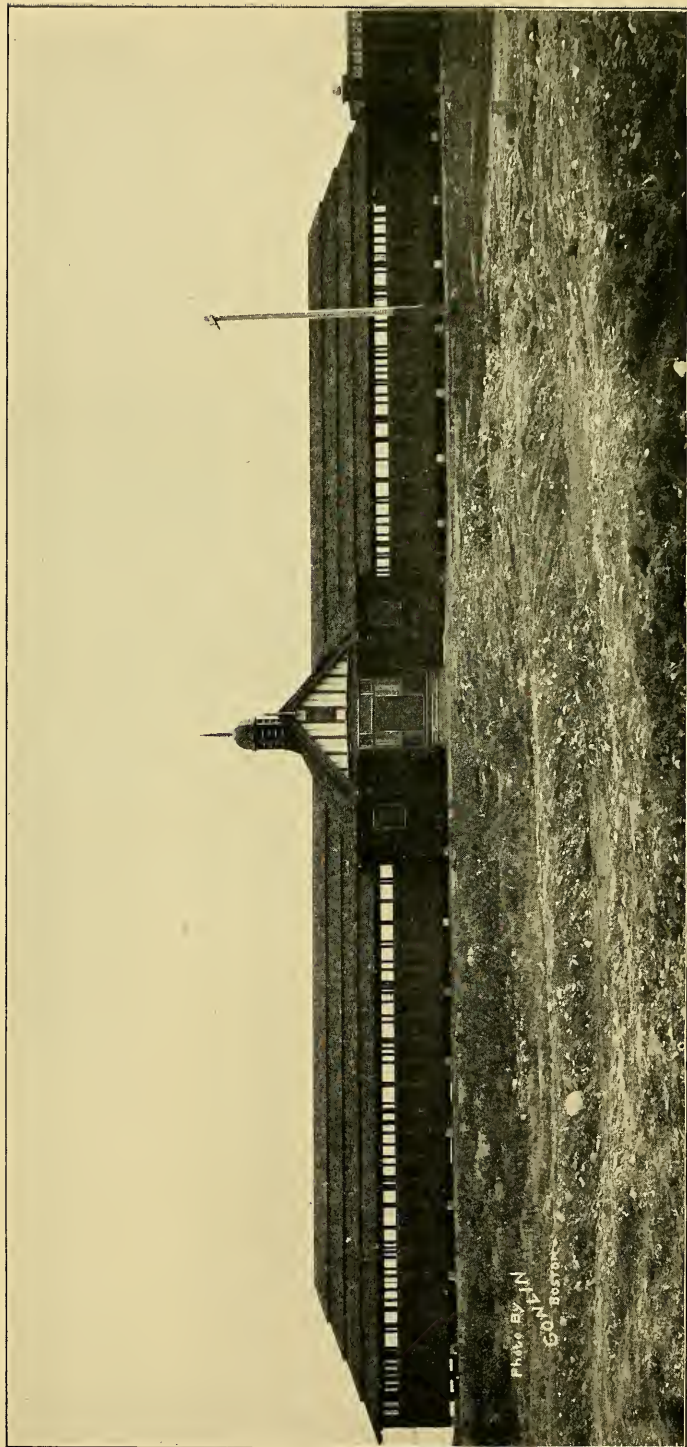


Photo by J. N.
Goff, Boston

BOYS' HOUSE, L STREET BEACH. (VIEW FROM STREET.)



L STREET BEACH, BOYS' HOUSE. (BEACH VIEW.)

for this purpose. It would meet a large and growing need, and would complete a system of gymnasiums and baths which would cover the city comprehensively and fulfil all reasonable demands in these respects for twenty years to come.

We wish also to continue our urgent request for an appropriation sufficient to provide one or two underground convenience stations, to be located in the public squares in the business section of the city. The great use which is made of the present convenience station on the Common shows what service may be rendered to the people by a slight expenditure of money in this direction.

THOMAS J. LANE,
Chairman.

FINANCIAL STATEMENT.

The appropriation for the department for 1903-04 was \$150,000; revenue received, \$6,407.44 — making a total of \$156,407.44. To this amount an additional sum of \$7,100.19 was added, through the courtesy of Mayor Collins, making the total expenditures for the fiscal year \$163,507.63.

The following is an itemized table of its expenditures taken from the Auditor's report:

Department Expenses :

Charles F. Morse, Secretary	\$2,493 40	
Employees	616 00	
Horse-keeping	707 06	
Travelling expenses	631 60	
Telephone service	397 79	
Printing	387 07	
Stationery	257 13	
Furniture and office expenses	56 62	
	<hr/>	\$5,546 67

Bath-houses and Beaches :

Employees	\$92,571 90	
Boats, furnishings and small supplies	7,716 18	
Heating Dover-street bath-house	6,836 92	
Repairs and improvements	6,585 55	
Bathing suits	3,220 65	
Cartage	1,943 95	
Electric lighting	1,578 92	
Rents	1,500 00	
Use of tow-boats	620 00	
Ice	302 25	
Fuel	295 85	
Medical supplies	83 18	
	<hr/>	123,255 35

Urinals :

Employees	\$10,063,44	
Repairs	752 61	
Furniture and small supplies	459 45	
Electric lighting	386 94	
	<hr/>	
<i>Carried forward</i>	\$11,662 44	\$128,802 02

BATH DEPARTMENT.

9

<i>Brought forward.</i>	.	.	\$11,662 44	\$128,802 02
Fuel	225 69	
Water	87 50	
Travelling expenses	60 00	
Gas	32 85	
			<hr/>	12,068 48

Gymnasia :

Employees	\$10,606 90	
Fuel	3,689 55	
Electric lighting	2,473 96	
Furnishings and small supplies	2,177 18	
Medical services and supplies	1,202 76	
Repairs	1,117 22	
Gas	869 56	
Rent	500 00	
			<hr/>	22,637 13
				<hr/>
				\$163,507 63
				<hr/>

To the Bath Trustees :

GENTLEMEN, — The annual report of the Superintendent of Physical Training for the year ending June 1, 1904, is herewith submitted.

The work of instruction has been along the same general lines as heretofore. It affords me pleasure to say that progress has been made, and that on the whole the result of the year's work is highly satisfactory.

Since the inception of the class work, it has been our aim to give to the pupils exercises that would bring about a general all-around development of their bodies, putting into action muscles ordinarily but little used, or weakened as a result of long confinement in the school-room or on account of special occupations.

The time allotted for the children's lessons is twenty minutes. The work is simple in character and easily understood, our object being not to give exercises that require much of mental effort, as the children are mentally tired when they come to us. They are allowed every liberty compatible with their welfare — they run, jump, climb, make as much noise as they please; in short, they are allowed freedom and liberty and the privilege of exercising their wills without restraint, which is something that every child craves and enjoys.

Better work is being done in the classes for adults than ever before. The system is now well established and well taught. The pupils look forward to the class nights with eagerness, and willingly give up other pleasures to be present on those nights.

The loyalty and earnest support of the instructors and gymnasium superintendents in the department are gratefully acknowledged.

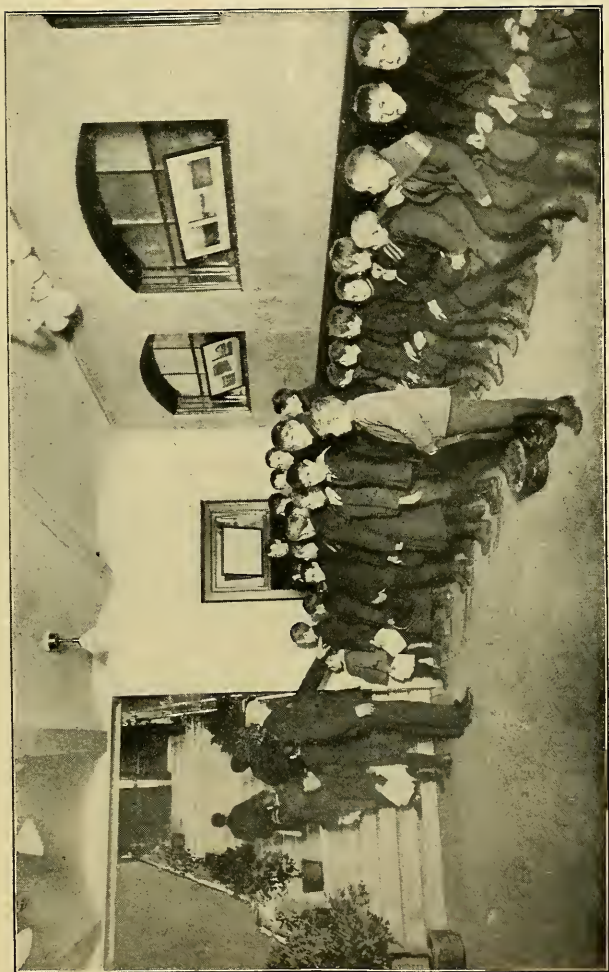
Respectfully submitted,

JAMES L. WALSH,

Superintendent of Physical Training.



DOVER STREET BATH.



SATURDAY MORNING AT DOVER STREET.



To the Bath Trustees:

GENTLEMEN, — During the year under review, the work of the medical staff of the municipal gymnasiums has been along the same lines as in previous years. At each gymnasium the medical directors have kept regular office hours, and more than fourteen hundred physical examinations have been made. Many of the persons examined were found to be in need of some kind of special instruction and exercise for the correction of a condition or deformity which interfered more or less with their health and usefulness; and to them the proper advice and instruction was given. And when the instructions were faithfully carried into practice the most gratifying results were obtained; and the persons themselves showed much appreciation for their improvement.

The past year a larger number of persons came to the gymnasiums upon the advice of physicians than in any previous year; and to these persons the medical directors were of particularly useful service. It is gratifying to know that the good which the municipal gymnasiums can, and do accomplish is becoming more widely appreciated, both by the laity and physicians.

Perhaps the most frequent services we have to render the gymnasium members who come for an examination is to remind them to stand erect and breathe properly. The boys and girls, in particular, need this admonition; for too many of them show unmistakable evidences of faulty standing and sitting postures. And when the deformities are caused or increased by occupations, an effort is made, in as far as it is possible, to correct them and to secure a normal and symmetrical development.

Each year finds a large number of men coming to the gymnasiums to avail themselves of the opportunity to qualify for the physical tests required by the Civil Service Commissioners for candidates for the police and fire departments.

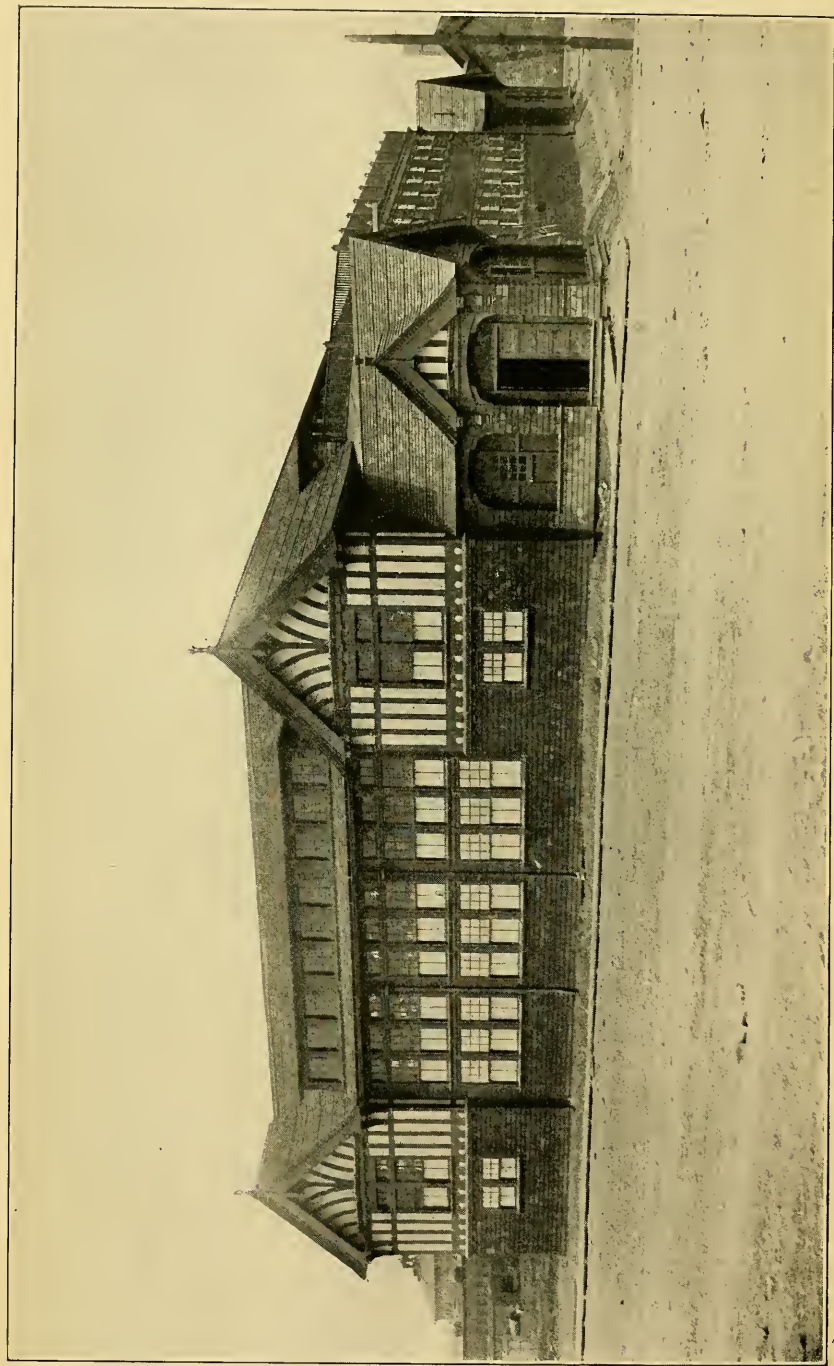
The generous help and coöperation of the instructors and superintendents is appreciated.

Respectfully submitted,

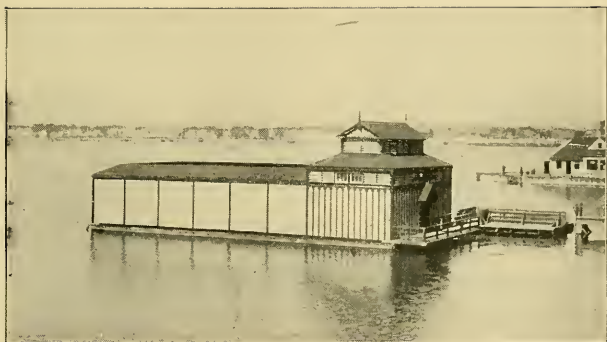
WILLIAM R. WOODBURY,
General Medical Director.

ATTENDANCE, SUMMER OF 1903.

Charlestown beach	148,506
Wood Island park	95,941
Chelsea bridge	65,821
Jeffries point	22,262
Border street	56,481
North End park	180,700
Warren bridge	63,530
Craigie's bridge	130,610
West Boston bridge	75,100
Dover-street bridge	64,200
L and K streets	914,584
Commercial point	35,202
Orchard-park swimming pool	55,359
Brighton bridge	12,525
Spring-street swimming pool	30,752
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Beaches and baths, total	1,951,573
Attendance at all-the-year-round baths	600,973
<hr/>	
	<u>2,552,546</u>



EXTERIOR OF GYMNASIUM AND BATH, SOUTH BOSTON.



NEW TYPE OF FLOATING BATH, WEST BOSTON BRIDGE.



ORCHARD PARK, ROXBURY.

BATH DEPARTMENT.

TRUSTEES.

THOMAS J. LANE	Term ending 1909
MRS. JACOB H. HECHT	“ “ 1905
HENRY EHRLICH, M.D.	“ “ 1905
WILLIAM W. WHITMARSH	“ “ 1906
MRS. LAWRENCE J. LOGAN	“ “ 1907
ROBERT A. WOODS	“ “ 1907
LEONARD D. AHL	“ “ 1908

THOMAS J. LANE,

Chairman,

JOSEPH P. O'BRIEN,

General Superintendent.







51

